



# COMMANDO

Any Time Any Place

Vol. 52, Issue 10

16th Special Operations Wing, Hurlburt Field, Fla.

March 12, 2004

## Army honors 16th MDG Airmen

By 1st Lt. Gabe Johnson  
Public Affairs

Eight 16th Medical Group Airmen received Bronze Star Medals and Army Commendation Medals March 4 for saving lives as far-forward surgical teams deep in Iraq.

Col. O.G. Mannon, 16th Special Operations Wing commander, presented the decorations, awarded by the U.S. Army, before family and friends in the 16th Helicopter Maintenance Squadron auditorium.

Lt. Col. Thomas Dye, Maj. Kathryn Weiss, Maj. Donald Sandercock II, Capt. Keane Hung, Capt. Erwin Gines and Capt. David White received Bronze Stars. Master Sgt. Robert Arrant and Tech. Sgt. John Mayfield received Army Commendation Medals.

"It's green," said Colonel Mannon, holding an Army award citation cover, "It could very well be purple to reflect the joint nature of our operations. This is quite an accomplishment. All services are very particular about who earns these awards."

Colonel Dye was deployed separately from the other seven award recipients to western Iraq as chief of a Mobile Field Surgical Team attached to coalition forces during early combat operations in support of Operation Iraqi Freedom.

According to his award citation, he provided life-saving capabilities from bare-base conditions in hostile territory.

"The team I was with performed beyond my expectations," said the Colonel, an orthopedic surgeon. "I wish they could be with me here today to accept this award. Everything they set out to do went flawlessly."

During one incident a critically wounded soldier received immediate care from the surgical team and was transported to a follow-on surgical facility within two hours of the incident, said Colonel Dye.

Colonel Dye recently received word that the soldier is on his way to a full recovery.

The other seven award recipients accompanied the Army's 10th Special Forces Group to northern Iraq where they treated everything from dislocated shoulders to bullet wounds, carrying their surgical equipment and supplies on their backs.

"It feels good to be recognized for your efforts," said Sergeant Arrant, a cardiopulmonary technician, "but it was a job we volunteered to do, a job to help people. The greatest reward is being able to see someone you helped go back to their family healthy."



Photo by Capt. Erwin Gines

**An NCO with the 16th Medical Group, is interviewed by Michelle Nicholson, Channel 3 reporter, following an award ceremony honoring him and seven other 16th MG members for saving lives during Operation Iraqi Freedom.**

In addition to decorating the Hurlburt Field Airmen, the Army presented the team with combat medical badges and combat patches.

At the end of the ceremony, Sergeant Arrant, a 16-year veteran, re-enlisted for four more years taking the oath of enlistment from Col. Kevin Pollard, 16th Medical Group commander.

"It was an excellent opportunity to receive this award and re-enlist on the same day," said the sergeant. "I've always been a part of the Air Force. My father retired from the Air Force, and I'm following family tradition."

## Sexual assault assessment team visits Hurlburt Field

By Capt. Denise Boyd  
AFSOC Public Affairs

A cross-functional headquarters team visited the 16th Special Operations Wing to assess the installation's sexual assault response programs Tuesday through Thursday.

This command effort is part of an Air Force-wide sexual assault assessment initiative directed by Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper.

During the visit, the team reviewed sexual assault policies and training programs already in place. In addition, those programs available for sexual assault victims, including counseling, medical care and rehabilitation, were reviewed.

The team was lead by Col. Paul Valovcin, Air Force Special Operations Command director of logistics.

"Victims should be assured that any reported sexual assault will be treated as a crime, and the procedures should guarantee a thorough investigation, that corrective action is taken, and quality follow-up care will be provided to all victims," he said. "We're taking a look at the situation at each base, will share best practices throughout the command, and work to correct any lacking areas once the assessment is complete."

According to Lt. Gen. Paul Hester, AFSOC commander, the command is determined to demand and enforce

See VISIT, Page 6

### Commander's Call

#### Wing CC to hold mandatory officer's call

Col. O.G. Mannon, 16th Special Operations Wing commander, will hold a mandatory officer's call in the Hurlburt Field theater March 22 at 7 a.m., noon and 3 p.m.

### Memorial service

#### Memorial service for Jockey 14

The 16th Special Operations Squadron is holding a memorial service at 2 p.m. Monday to commemorate the 10th anniversary of the tragic loss of Jockey 14. The ceremony will be held at the Air Park, with guest speaker retired Col. Michael Byers. For more information, call Master Sgt. Jim Patterson at 884-7668.

### Base event

#### Hurlburt Field gets newest wing

The 505th Command and Control Wing will become the Air Force's newest wing in a ceremony today at 10 a.m. in the Air Park. Gen. Hal Hornburg, ACC commander, will officiate the ceremony where the Air Force Command and Control Training and Innovation Group will become the 505th CCW. The new wing will be headquartered here. All base people are invited to attend the ceremony.

### Weather

#### Weekend forecast

**Today** – partly cloudy,  
High 64 Low 42

**Saturday** – partly cloudy,  
High 69 Low 50

**Sunday** – partly cloudy,  
High 72 Low 57

[www.hurlburt.af.mil/milonly/weather/5day](http://www.hurlburt.af.mil/milonly/weather/5day)





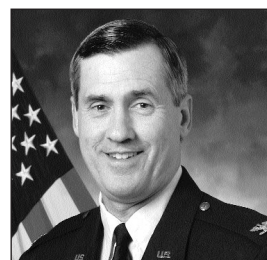
## Open Line

The Commander's Open Line is your direct line to me for questions or suggestions about subjects of concern to the Hurlburt Field community. I really appreciate your feedback.

To receive a response, leave your name, unit and telephone number. Open lines of general interest will be printed in the

**COMMANDO.** I'll answer the others by letter or phone call. Remember, the quickest and most efficient way to resolve a problem is to talk directly to the agency responsible. This gives them an opportunity to help you, and perhaps improve their process.

However, if you're not satisfied with the answer you receive, feel free to give me a call at 884-OPEN (6736), or e-mail your concerns to [commando@hurlburt.af.mil](mailto:commando@hurlburt.af.mil).



**Col. O.G. Mannon**

## Watch while working out?

**Comment:** The Community Park's improvement in the last couple of years has been phenomenal and probably one of the best things that's happened for Hurlburt Field's quality of life. The recent renovation of the skate park and playground, the addition of the batting cage and the upcoming interactive water fountain just made it an even better place for families to spend quality time.

Having said this, is it possible to build a running trail or par (running trail with fitness stations) course around the park? This will give parents a good opportunity to exercise while staying close enough to watch their kids. It could also be used as a practice running course for the new fitness evaluations. Just a suggestion - a volleyball pit, horseshoe pit and putt-putt golf are also some additions that would be nice to have.

**Reply:** Thanks for the suggestion and complements regarding the Community Park additions. We continue to look at potential expansion opportunities in an effort to make it an even better facility for the world-class people assigned here. We recently added horseshoe pits.

Potential future initiatives are soccer fields, ball fields and a sand volleyball pit. Your suggestion for a running trail (or par course) is certainly something we'll consider. We've also had several suggestions regarding the addition of a putt-putt course. We'll reserve a site for this activity, but construction of such a revenue-generating function will be based on its economic viability. Revenues generated must be able to cover the cost of construction, and all operating expenses to gain approval to construct with non-appropriated funds. In the meantime, we hope you continue to enjoy the Community Park.

Thanks for your suggestion.

## Health – not just smart, it's your duty

**By Col. Jon Pearse**  
Office of the AF Surgeon General

**F.E. WARREN AIR FORCE BASE, Wyo.** – Allow me to pass on my convictions on health, as a middle-aged male, a parent, husband, physician and commander.

No matter what "hat" any one of us wears, we have an obligation to ourselves, our loved ones and – as military members – to our country, to care for our health.

If you know it's important to change the oil in your car, then why is it so hard to believe that you have to take care of your body? Prevention and good health are the keys to the future and fall into three simple categories: diet, exercise and tobacco use.

Obesity is increasing alarmingly fast in the world, and America is leading the way. The typical "Western diet" is high in saturated fat and sugars. This toxic and high-calorie diet is the major cause of heart disease, diabetes and stroke.

Combine this unhealthy diet with lack of exercise, and one becomes a walking time bomb. Most health professionals consider 30 pounds over ideal body weight obese.

In 1991, only seven states had 15 percent or more of the population considered obese; by 2001,

all but one had obesity rates over 15 percent.

The average human needs about 2,200 calories per day to remain active and healthy. Look on the wall of the next fast food restaurant you enter for the nutrition facts they post. The "super meal" well exceeds this and has a fat content more than four times the recommended amount.

I have fought the "battle of the bulge" nearly my entire life and pushed the limits of the Air Force weight standards for most of my career. I never met a chip I didn't like or a stalk of celery I particularly did. I have, though, learned how to eat a sensible low-fat diet.

Call the health and wellness center and kill three birds with one stone: you'll feel better, be able to do more and greatly reduce your risk for the biggest killer diseases in this country.

Exercise is the most effective companion to smart eating in preventing the same diseases. It multiplies the effects of weight-loss programs immeasurably.

The time and place to exercise must be fixed as an "immovable rock" on your daily routine. Look at your schedule, and I'll assure you there's an hour and a half, three times a week, that you have time to start an exercise program.

It's simple: a more productive, longer life can make a bigger difference. **(AFPN)**

## Safety and non-motorized transportation

Safety is on the mind of every Hurlburt Field Airman these days with a new 100 percent seat belt use policy, motorcycle safety awareness and the Secretary of Defense's initiative to reduce mishaps by 50 percent.

However, safety isn't just the responsibility of licensed motorists.

Every person riding a bicycle, skateboard, scooter, skates, or any other non-motorized conveyance on Hurlburt Field roadways are granted all the rights and are subject to all of the responsibilities of drivers on base.

Anyone traveling by any means other than on foot must wear protective headgear. The use of headphones or other listening devices while bicycling or skating is prohibited.

Bicycles, when in use during the hours of darkness, must be equipped with a lamp on the front which must emit a white light visible from at least 500 feet and a red reflector on the rear visible from at least 100 feet.

Parents and adults, while in charge of any child, shouldn't allow children to violate any of the provisions of this directive.

These safety rules are in effect on Hurlburt Field to keep Airmen and their families safe.

In the last year Hurlburt Field has had two military injuries. One was an NCO roller blading; he fell backwards and fractured his wrist. The other was an Airman skateboarding who fell and twisted his ankle. Neither were wearing safety equipment.

The 101 Critical Days of Summer will kick off locally May 21 with the 3rd Annual Motorcycle Safety Rally.



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Editorial content is edited, prepared and provided by the 16th Special Operations Wing Public Affairs Office. All photographs are U.S. Air Force photography unless otherwise indicated. The COMMANDO staff may include or exclude articles based upon the news value determined by the staff, impact on the wing's mission, and the space allotted for editorial content by the publisher.

### Submitting articles

The deadline for submissions to the COMMANDO is 4 p.m. Wednesday, the week prior to publication. Articles may be submitted on IBM format computer disk or via electronic mail. Non-electronic submissions must be typed, double-spaced and all submissions must include the name and telephone number of a person to call for questions.

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## DUI Tracker

**March 4-11: 1 DUI**  
(This year: 13)

**DUIs for 2003: 53**

**Last DUI: 16th Aircraft**  
**Maintenance Squadron**

**Airmen Against Drunk Driving**  
**Don't Drink and Drive. Call 884-8844**  
**Potential saves this year: 108**

16th OG .....25	16th MSG ....21
16th MXG ....7	16th MDG ....25

As of Feb. 15, individual groups get a down day for 60 consecutive days without a DUI. Totals are current as of March 11.







Photo by Senior Airman Sam Taylor

## Buckle up!

An NCO with the 16th Comptroller Squadron, buckles up before heading home, Tuesday. Beginning Monday, Hurlburt Field will implement a 100 percent seat belt use policy for all people entering or driving on base. Violations result in the suspension of driving privileges and points against base driving records. Drivers are required to ensure their passengers are also buckled in.

## Spotlight on ...

### Carol Dorman

**Rank/Duty Title:** Staff sergeant/NCO in-charge, readiness training

**Organization:** 16th Services Squadron

**Hometown:** Hartford, Conn.

**Hobbies:** Reading, dancing and traveling

### Contribution to the mission:

Sergeant Dorman is directly responsible for ensuring 101 enlisted members are combat-ready, through intensive and aggressive training. She increased squadron readiness from 49 to 98 percent, ensuring services personnel are ready to deploy at a moment's notice.

She also developed a mobility record checklist and monitors the squadron's security program.

Sergeant Dorman constructed hurricane exercise folders for more than 20 activities with checklists, signs, Air Force Instructions, maps, emergency phone numbers and event logs, to make sure all services facilities are prepared for any natural disaster.

*(Editor's Note: The Commando highlights airmen, junior NCOs, company grade officers, Department of Defense civilians and volunteers in units who do a great job, and should receive day-to-day recognition. Supervisors can call the 16th Special Operations Wing Public Affairs Office at 884-7464 for more information on nominating an individual for the "Spotlight on..." column.)*

# Hurlburt Field names Youth of the Year

By Airman 1st Class Heidi Davis  
Public Affairs

In recognition of her academic achievements and contributions to the community, a Hurlburt Field family member was recently selected as the Hurlburt Field and local Boys and Girls Club of America Youth of the Year.

Each year, the base and club select one adolescent who has stood out in the areas of moral character, role in the family, community and club and scholastic achievements.

This year, Erica Black – daughter of Master Sgt. Tracy and Karen Black, 16th Services Squadron – was selected as the top-notch youth of the year for her services at Hurlburt Field and Aviano Air Base, Italy.

"Over the years, I've attended many teacher conferences and interacted with (Erica's) coaches and club mentors," Mrs. Black said. "I'm very proud when they tell me how highly they regard Erica, her work ethics and how she relates to people."

Because Erica's father has moved the family several times throughout her 17 years, she's handled more than her share of responsibilities and leadership roles in the family.

"She's taken on babysitting, tutoring, cleaning, cooking, taking care of sick family members and working special events at my former job – just to name a few," Mrs. Black said. "Because of the role she plays, my husband and I have been able to con-

tribute successfully to our military and civilian communities."

In addition to her roles in the family, Erica has contributed her time to many Air Force related organizations. In the past year, she's volunteered at the Hurlburt Field and Aviano Youth Centers, the Hurlburt Field Airman Leadership School, Aviano's Community Center, swim team and military equal opportunity office.

By volunteering her services in a wide variety of learning environments, Erica said that she has gained not only scholarly knowledge, but also street knowledge.

"By working at the (Aviano AB) MEO," Erica said, "I saw how my supervisors were able to handle conflicts in a positive, diplomatic manner. This has helped me to find solutions in conflicts that arise in my everyday life."

In addition to her duties at Aviano's MEO, Erica participated in the Youth Employment Skills Program – designed to provide high school students with workplace essentials they'd need upon completing school. She was a member of the varsity volleyball and track teams at her high school, an advisor in the Teen Right Start Program at the youth center and a participant at the Italian Dance school.

Although she handles an active community life, Erica hasn't allowed her extra activities to interfere with her academics as a junior at Navarre

High School.

"Having been a member of the National Honor Society for two years," Erica said, "a great amount of responsibility has been bestowed on my shoulders. I must keep up my grades (at minimum a 3.5 grade point average) and be of service to my community...it inspires me to do my absolute best."

Furthermore, Erica is a member of the Class of 2005 Board, which is responsible for organizing fund-raisers for the prom, and a member of the varsity track and volleyball teams with which she has received numerous awards.

She's helped with National Kids Day at the Okaloosa County fairgrounds; organized a volunteer list for the youth center's Halloween Fest; worked as the assistant director for the Children's Missoula Theater group, which entertains military bases around the country through the use of fine arts dance performances; and serves as the secretary of the Keystone Club at the youth center, scheduling center events and volunteer opportunities in the community.

Erica will now compete at the major command and state level (for the Boys and Girls Club) in April, with the potential of moving on to the Air Force and national levels.

Erica Black

# Portal provides AF information, access

By Staff Sgt. C. Todd Lopez  
Air Force Print News

**WASHINGTON** – Air Force senior leaders have asked that all airmen sign up for the Air Force Portal, a new Web-based technology that promises to streamline access to information across the force, by April 1.

In a December information technology initiatives memo, Secretary of the Air Force Dr. James Roche and Chief of Staff of the Air Force Gen. John Jumper asked that all Airmen sign up for an Air Force Portal account as soon as possible.

"The Air Force Portal will be the airman's interface to all services and information needed to perform their job," the memo stated.

Airmen may register for access to the portal by logging onto the Web site at <https://www.my.af.mil> and clicking on the self-registration link. The registration process is self-guided.

The portal is a Web-based system developed to incorporate as many Air Force information applications as possible. The result of such an integration is that systems such as the virtual military personnel flight or functional area applications, such as a munitions ordering or parts tracking system, would all be accessible from one Web site, said Lt. Col Dan Hausauer, portal

integration division chief.

"The long-term vision is that the majority of applications and content will come through the Air Force Portal," Colonel Hausauer said. "Today, there are hundreds of applications that are accessible through the portal or are within the framework of the portal. In fact, the portal has the capability right now to house applications or to link to them on their current environment – wherever they are."

The key benefit to such integration is the idea of a single user login. Once a user logs in, the portal itself authenticates a user into the application. This means that with each new application integrated into the portal, users will have one less Web address, login name and password to remember, Colonel Hausauer said.

The logistics community has done the most to integrate their applications into the portal and to integrate the system into their own processes, Colonel Hausauer said. Besides logistics applications, other applications such as myPay and LeaveWeb are soon to follow.

A recent change to the portal makes it even easier for users to get access. Now, users can access the system from any Internet-connected computer at home, at work or on the road, Colonel Hausauer said.

When users are on temporary

duty, the portal makes it easy to stay in contact with co-workers at their permanent duty stations in real-time. The portal now includes an instant messaging system similar to those found on the dot-com side of the Internet. The Air Force Instant Messenger was used most recently during operations in Southwest Asia, Colonel Hausauer said.

For every application that has already been assimilated into the portal framework, there may be many others that haven't, Colonel Hausauer said. One way to expedite their integration is for those most familiar with those systems to speak up and ask for them to be incorporated into the portal.

Besides providing an integrated interface to existing Air Force applications, the portal provides functionality of its own. The portal includes a "white pages" section that lists everybody in the Air Force. It includes personalization features that let users adjust the presentation to suit their needs. The system even allows users to upload favorites from their desktop computers, so those frequently used Web addresses are available from anywhere in the world.

As more systems are brought into the portal, the Air Force moves closer to its overall vision for a Net-centric force.

# Chapel enters Season of Lent

By Airman 1st Class Heidi Davis  
Public Affairs

Beginning Ash Wednesday (Feb. 25) and ending on Holy Saturday (April 10), the Season of Lent is time for evangelical Christians to pray and prepare for Easter.

The season's 40-day designation is connected with the 40 days Jesus spent in the wilderness preparing for His ministry and facing many temptations that could have hindered his calling.

The Hurlburt Field Chapel is one of many local churches participating in this 40-day observance, by holding weekly services at the chapel from 11:30 a.m. to 12:30 p.m.

"The chapel wanted to find a way to connect with the local churches that our active-duty members attend and lent seemed like a good opportunity to do so," said Chaplain (Capt.) Brad Green, base chapel. "Each week, a pastor from one of the community churches will come to Hurlburt Field to speak and lead the congregation in music."

According to Chaplain Green, the base has asked seven churches from Gulf Breeze to Fort Walton Beach to participate.

Each of the chapel's services will focus on the overall theme of this year's Season of Lent – Seven Words That Will Transform Your Life: Seven last sayings of Jesus.

"The Bible has recorded Jesus' last words in the (New Testament) book of Luke," Chaplain Green said. "We'll explore each of those moments to prepare our hearts for Easter."

The chapel has scheduled the services during the lunch hour so everyone on base has an opportunity to participate, Chaplain Green said.

"After each sermon and worship time, the Protestant Parish Brotherhood will provide a lent-themed meal," Chaplain Green said. "At our first luncheon Feb. 25, guests were served soup and bread – items that can compliment those who choose to fast."

The first day begins the Season of Lent – Ash Wednesday. Traditionally, it was a day when ashes were placed on worshippers' heads to symbolize a time of mourning and sorrow for the death of Jesus which is brought on by the sins of the world. Today, it's a time of humility in order to prepare the hearts of Christians for the observance period.

Another important day is Good Friday. This was the day in which Christ was nailed on the cross and died a few hours later. Some Christians observe this day in a time of mourning for the sins of the world.

Following Good Friday and concluding lent is Holy Saturday. This was the last day, Christians believe, Christ lay in the tomb before resurrecting from the dead Easter Sunday.

For more information on lent luncheons, call Chaplain Green at 884-7795.

## News Briefs



### Local News Uniform reminder

In accordance with AFI 36-2903, utility uniforms such as flightsuits, battle dress and desert camouflage uniforms

may not be worn in establishments that operate primarily to serve alcohol (bars), or in restaurants where people primarily wear business attire.

They may, however, be worn to eat lunch at local establishments where people wear comparable civilian attire and to make short convenience stops (such as buying bread and milk on the way home from work).

Wearing these uniforms in unauthorized locations is punishable as a violation of Article 92 of the Uniform Code of Military Justice. For more information, call Capt. Jeremy Anderson at 884-7821.

### Wear test begins

Hurlburt Field was selected last year for the wear test of the new uniform. The wear test fitting will be conducted March 22–25 at the deployment control center, where more than 120 personnel will be fitted in the uniforms, but only 50 will be selected for the actual six-month wear test. A briefing will be held today at the base theater to inform volunteers of some rules before the Air Force Clothing Office team arrives this

month for the fittings. For more information, call Senior Master Sgt. Gregory Nabors at 884-7374.



### Air Force News Walking shield

Since 1994, the Air Force has participated in Operation Walking Shield, a program that brings together federal agencies and American Indian groups to help improve living conditions on reservations. Air Force contributions to OWS include:

■ Donating surplus military housing units – The Air Force has donated 885 surplus military-family housing units

■ Developing infrastructure on the reservations – Providing homes with running water, electricity and sewage lines

■ Administering medical care – Doctors, nurses, dentists and medics in joint service environments have provided health care to more than 60,000 Native Americans

In addition to benefiting Native Americans, the OWS projects provide opportunities in bare-base training for Airmen. And by donating homes, the Air Force has saved the cost of having them demolished and the debris hauled away.





Photo by Master Sgt. Jim Varhegyi

## Solemn reminder

A memorial to Tech. Sgt. John Chapman will be unveiled in the main entrance of the Air Force Special Operations Command headquarters building, Monday at 9 a.m. Sergeant Chapman, a Combat Controller, was killed during Operation Enduring Freedom, March 4, 2002. He was posthumously decorated with the nation's second-highest award for valor, the Air Force Cross. The Secretary of the Air Force, Dr. James Roche, at Arlington National Cemetery, Jan. 8, originally unveiled the memorial. The memorial is a glass-enclosed life-size model of a Combat Controller in full combat gear. It contains Sergeant Chapman's award citation and photos of him on duty in Afghanistan. The display will remain at the headquarters building through March 19, available for viewing from March 15, 10 a.m. to 4 p.m. and March 16-19, 8 a.m. to 4 p.m. From Hurlburt Field, the memorial will be transported to Maxwell Air Force Base, Ala., where it will be permanently displayed at the Enlisted Heritage Hall following an official unveiling ceremony March 31. A duplicate memorial will also be permanently displayed at Lackland Air Force Base, Texas. (AFSOC News)

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## VISIT, Continued from Page 1

discipline to prevent incidents and to support victims if an incident occurs.

"This is an opportunity to review our processes. All of our Airmen should know they are a part of our collective approach and any victims should feel confident in our aggressive response," he said. "The Air Force will not tolerate sexual assault. Commanders at all levels are responsible for ensuring a safe and healthy living, working and training environment at all of our bases. This initiative will help us do that more effectively ... strengthen our discipline and be more proactive."

AFSOC will report findings of its assessment to the SECAF and CSAF by the end of March.

The Department of Defense has established a toll-free telephone number for people interested in contacting or providing information to the DOD Task Force on Care for Victims of Sexual Assault. The number, (800) 497-6261, is staffed 9 a.m. to 9 p.m. EST, Monday through Friday.

# Commando justice

Courtesy of the 16th SOW Legal Office

The following is a break down of the courts-martial, Article 15 and administrative discharge actions administered under the Uniform Code of Military Justice from July to December 2003.

## Courts Martial

Two enlisted members were convicted by court-martial, and a colonel was re-sentenced from a previously held court-martial.



The colonel, while assigned to the 18th Flight Test Squadron, originally convicted in 2000, was re-sentenced in July. His previous conviction was affirmed by Court of Appeals for the Armed Forces for making a false official statement and having an unprofessional relationship. However, several other charges from the previous court-martial were dismissed due to a statute of limitations issue. He was re-sentenced July 17 to three years confinement and a dismissal.

On Sept. 19, an airman from the 16th Logistics Readiness Squadron pled guilty at a summary court-martial to the charge of failing to obey a lawful order to serve 30 days of correctional custody. The member had previously received an Article 15, at which time he was issued the 30 days correctional custody. Upon entry into the program, the member refused to participate, resulting in the commander placing him into pre-trial confinement. He was sentenced to 30 days confinement.

A staff sergeant from the 505th Exercise Control Squadron was charged with committing sodomy with two children both under age 16, indecent acts upon a female and taking indecent liberties with a female both under the age of 16. He was found guilty at a general court-martial on all charges and specifications; he was sentenced Sept. 26 to 40 years confinement, reduction to the grade of airman basic and given a dishonorable discharge.

## Article 15s

There were 76 Article 15s; the top five offenses were: Willful Dereliction of Duty, Failure to Go, Failure to Obey a Lawful Order, Drunken Driving and Disrespect to an NCO.

Members also received Article 15s for offenses including: reckless driving, failing to pay just debts, writing worthless checks, obstruction of justice and incapacitation for duty.

Punishment for these offenses ranged from extra duty to loss of two pay grades. The ranks of the members varied from airman basic to technical sergeant.

The following are examples of each of the top five offenses and their corresponding punishments:

An airman who was derelict in duty because he failed to maintain the standards of the 2nd Air Force Phase Program was reduced to the grade of airman basic.

An airman first class, who failed to go to his appointed place of duty at the time prescribed, was given 30 days correctional custody and a suspended reduction to the grade of airman.

An airman first class, who failed to obey a lawful order by leaving the boundaries of Hurlburt Field after being placed on restriction by his commander, received a forfeiture of \$575 pay and a reprimand.

An airman first class, who drove a vehicle while drunk, was reduced to the grade of airman and issued 45 days extra duty.

A senior airman, who spoke to an NCO in a rude and profane manner, was reduced to the grade of airman first class and issued a reprimand.

**ARMED FORCES COMM INC  
COMM/UP HERE  
545965  
3 X 10.00**

# Air Force releases MH-53 PAVE LOW accident report

An accident investigation board determined that failure of the number two engine due to compressor stall, failure of the auxiliary fuel tanks to jettison and uneven terrain of the landing area as causes behind the crash of an MH-53 Pave Low helicopter, Nov. 23.

The MH-53, assigned to the 20th Special Operations Squadron, 16th Special Operations Wing, here, crashed 9 miles east of Bagram, Afghanistan, while supporting Operation Mountain Resolve.

Four of the six crewmembers on board, and one U.S. Army passenger died in the accident.

The accident investigation board, led by Brig. Gen. Steven Speer, also cited several contributing factors to the mishap. These factors included subsequent failure of the number one engine when the demands of the high altitude and high gross weight caused an over-temperature and compressor stall, and insufficient written guidance on checking the auxiliary fuel tank jettison system.

General Speer is the commander of the 193rd Special Operations Wing, Pennsylvania Air National Guard, Harrisburg, Penn. The AIB is comprised of helicopter systems experts, medial, legal and aircrew advisors.

For more information, please call the Air Force Special Operations Command Public Affairs Office at (850) 884-5515 from 7 a.m. to 5 p.m., Monday through Friday. After duty hours or on weekends, contact the AFSOC PA representative through the command center at (850) 884-8900.

## **JUSTICE**, Continued from Page 8

### **Administrative Discharges**

The last six months of 2003 concluded with 31 people being administratively discharged – to include an officer, an NCO and 29 Airmen.

Fourteen Airmen and the NCO were discharged for committing minor disciplinary infractions, for which they had received disciplinary action ranging from multiple letters of counseling to non-judicial punishment under Article 15.

The three most reoccurring disciplinary actions were for: Dereliction in the performance of duties, failure to go to the appointed place of duty, and failure to obey an order or regulation.

Four Airmen were discharged for drug abuse – using marijuana one or more times. Two Airmen were separated due to mental disorders, which were identified by a psychiatrist or a clinical psychiatrist.

Two Airmen were discharged for a pattern of misconduct. Their pattern of misconduct consisted of discreditable involvement with military or civil authorities, conduct prejudicial to good order and discipline, failure to support family members or dishonorable failure to pay just debts.

One airman was discharged for failure in the weight control pro-

gram. Two airman were discharged for unsatisfactory performance, more specifically, failure to progress in on-the-job training. One airman was discharged for homosexual conduct.

One airman was discharged for entry-level performance or conduct. An entry-level separation occurs when an airman, in the first 180 days of continuous active military service, demonstrates unsatisfactory performance or conduct that shows they aren't qualified to be productive members of the Air Force.

One airman was discharged for fraudulent entry. A fraudulent entry is one involving deliberate deception on the part of the member.

One airman was discharged for minor disciplinary infractions and failure in the weight control program.

A captain was discharged for Serious Misconduct (lewd and lascivious acts with a minor). Individuals are generally subject to discharge for misconduct based on conviction by civilian authorities or action tantamount to a finding of guilty.

Of the 31 Airmen discharged, one received an "Under Other Than Honorable Conditions" discharge, 24 received a General discharge, five received an honorable discharge and one received an entry-level separation.

**LEE PONTIAC  
COMM/LOT 3  
546115  
5 X 4.50**

# Recycling project helps preserve environment

**Karen DeCarlo**  
*16th Services Squadron*

Children from Hurlburt Field's School Age Nature Club, ranging from ages 6 through 12, are actively helping to preserve the environment and are currently involved in a monofilament recycling project.

Monofilament is a high density, single-strand fishing line and it lasts an astonishing 600 years in the marine environment.

Twenty percent of manatee rescues were related to entanglement in monofilament, according to the Ocean Watch Foundation.

Eighty-eight percent of green sea turtle carcasses had monofilament in their digestive tract (4 percent had eaten hooks) and 40 percent of stranded dolphins had indications of harm from monofilament.

During 1999-2000, more than 250 seabirds were rescued from hook and line entanglements and sadly, 92 of those birds died. More than 60 fish species have swallowed or become entangled in marine debris according to research supplied by Jennifer Heady, 4-H agent for Okaloosa County.

Monofilament is deadly to our precious marine life and environment. How can we help? Monday, members of Hurlburt Field's Nature Club installed a monofilament recycling box at the pavilion

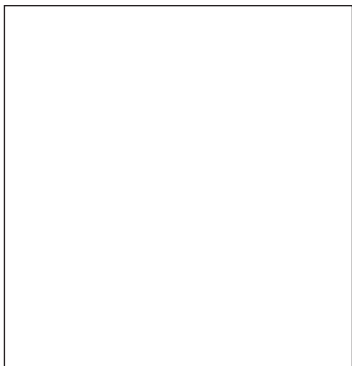


Photo by Karen DeCarlo

**Members of the Hurlburt Field Nature Club install a monofilament recycling box at the pavilion near Beachside Pier.**

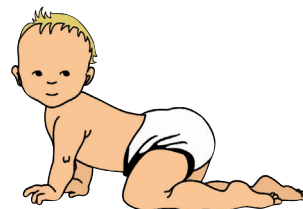
near Beachside Pier under the supervision of Catherine Goss and Michelle Ashby from the youth center and parent volunteer, Master Sgt. Nancy Shandrick, 16th Logistics Readiness Squadron.

The recycling box is for monofilament fishing line or netting. Besides keeping marine life free from entanglements, using the recycling box will reduce litter as pointed out by one of the young participants.

This is just one of the many ways in which the children are becoming more environmentally conscience, said Jim Dugan School Age director

"We plan to install a second recycling box in the near future," he said, "create a salt march at the youth center to study the effects and benefits of a salt march on marine life and continue our monthly base and beach clean ups."

# Look who's new in pink and blue...



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# Force protection safety tips

- Be alert to your surroundings. – An alert person who recognizes suspicious activity can take action, which may save a life.
- Never leave your job related equipment bag in your vehicle.
- Be unpredictable – Avoid establishing daily routines.
- Keep a low profile – Avoid disputes and maintain friendly relationships with your neighbors.
- Avoid isolated areas, side streets, civil disturbances and demonstrations.
- Restrict access to telephone numbers and address.
- Know what to do during emergencies – Develop a home and office emergency plan and practice them.
- Report suspicious activity – on and off the installation, this could disrupt a potential terrorist plan.
- Use the buddy system when traveling.
- Don't allow strangers to enter your home.
- Avoid appointments with strangers in remote and unfamiliar locations.
- Never volunteer personal information – Be cautious of conversations in public places involving mission related information.



# Famous women in U.S. history

Clara Barton was an American humanitarian and organizer of the American Red Cross, B. North Oxford (now Oxford), Mass. She taught school for 15 years and clerked in the U.S. Patent Office before the outbreak of the Civil War.

She then established a service of supplies for soldiers and nursed in Army camps and on battlefields.

In 1865, President Abraham Lincoln appointed her to search for missing prisoners; the records she compiled also served to identify thousands of the dead at Andersonville Prison.

In Europe for a conference at the outbreak of the Franco-Prussian War (1870), Ms. Barton went to work behind the German lines for the International Red Cross. She returned to the United States in 1873, and in 1881, organized the American National Red Cross, which she headed until 1904.

Ms. Barton worked successfully for the president's signature to the Geneva treaty for the care of war wounded and Red Cross initiatives.



**Clara Barton**

# Women's History Month: *living history*

*Highest-ranking enlisted woman on base lives long, unique career*

**By Senior Airman Sam Taylor**  
*Public Affairs*

From the day she joined the Air Force in 1974, Chief Master Sgt. Patricia Cox has had an atypical career.

The highest-ranking enlisted woman on base, the Command Post Functional Manager for Air Force Special Operations Command began her career in what was then considered a "traditionally male" career field – aerospace ground equipment maintenance.

Growing up as a military family member, the native Texan joined the Air Force for job security and because the Air Force way of life ensured equality and virtually unlimited opportunities for all, in regards to jobs, pay, promotions and education.

"I think the Air Force goes the extra step to ensure everything is fair and equitable," said Chief Cox. "That's the beauty of our promotion system. I believe I've had as fair and equitable a shot as any-

one else, male or female.

"We've come a long way since 1974," she said. "There's probably 30 percent more women in the Air Force now."

When she signed up for her first six years, the chief said she knew she would be in for 20.

Now in year 29, she's traveled all over, including a long stint at Hickam AFB, Hawaii.

The chief said people can get the assignment they want, as long as they drop the mindset that they need to have the assignment they want "now," and should instead work toward getting where they want to be in the future.

"People should set goals, and then prioritize what they need to do to achieve those goals," said Chief Cox. "Volunteer to go somewhere, because if you don't, the

**Chief Master Sgt. Patricia Cox**

Air Force will do it for you."

As someone who takes the Air Force core values seriously, Chief Cox always stresses teamwork, and talks of the merits and sacrifices of family members.

"Your family needs to stand by you, and you should take care of your family, fellow airmen and yourself," Chief Cox said.

In 1996, years after switching Air Force Specialty Codes, Chief Cox became the first active-duty female in the command post career field to be promoted to the rank of chief master sergeant.

A persistent optimist, "I've never been one to stop at the first 'no,'" said Chief Cox. "No usually means, 'no, not right now.' By staying true to our core values – Integrity First, Service Before Self, Excellence In All We Do – the Air Force will take care of you."



Photo by Airman Ali Flisek

## Celebrating women's history

**Col. O.G. Mannon, 16th Special Operations Wing commander, signs a proclamation March 4 in the wing conference room that declares March as National Women's History Month.**

# Base celebrates women's history throughout March

*The following are a list of events Hurlburt Field will be hosting in celebration of National Women's History Month:*

Every Tuesday at 3 p.m., 16th Special Operations Wing women will visit the youth center to talk about their unique Air Force careers. They will visit the child development center every Thursday at 3 p.m.

Lunchtime seminars from 11 a.m. to noon:  
**Team Building Tips** – Taught by Master Sgt. Norman Williams Wednesday in the 4th Special Operations Squadron auditorium

**Time of Praise** – Music ministry with LaTonya Henry March 22 in the Hurlburt

Field Chapel annex

Reservations for the luncheons must be made no later than 3 p.m. the day prior by calling Staff Sgt. Crystal Woolfork at 884-4735 or Tech. Sgt. Juanita Gilchrist at 884-1175.

**Women's History Month Luncheon** – Lt. Col. Nancy Richards, 16th Special

Operations Wing Legal Office, will speak at the Soundside March 24 from 11 a.m. to 1 p.m. The deadline for ticket purchase is March 22.

**Women's Empowerment Seminar** – March 26 from 8 a.m. to 4 p.m. in the base chapel annex

Reservations for the seminar must be made no later than March 24 by calling Staff Sgt. Crystal Woolfork at 884-4735 or Tech. Sgt. Juanita Gilchrist at 884-1175.

For more information, call Women's History Month Co-Chairperson Tech. Sgt. Lisa Mays at 884-4735.

# Week in History

*The following are a list of extraordinary events in military history that occurred several years ago this week:*

**March 7, 1942** – The first class of Tuskegee Airmen graduated from U.S. Army Air Force Tuskegee Army Air Field.

**March 8, 1991** – The first Martin Marietta Titan IV propelled by a heavy-lift space booster was launched from Vandenberg Air Force Base, Calif.

Augmenting the space shuttle, the Titan IV has two upper-stage options that enable it to carry several critical military payloads.

**March 9, 1847** – During the Mexican-American War, U.S. forces under General Winfield Scott invaded Mexico three miles south of Vera Cruz.

It was the largest amphibious landing in U.S. history and not surpassed until World War II.

**March 10, 1976** – The first woman navigator candidates reported to Mather Air Force Base, Calif., to begin undergraduate navigator training.

**March 11, 1941** – President Franklin Roosevelt's Lend-Lease program, which provided money and materials for allies in the war, went into effect.

**March 12, 1947** – In a dramatic speech to a joint session of Congress, President Harry Truman asked for U.S. assistance for Greece and Turkey to forestall communist domination of the two nations.

The address, also known as the Truman Doctrine, was the official declaration of the Cold War.

**March 13, 1917** – The Army Air Intelligence Subdivision Office was approved.

# TRICARE enrollment changes

Courtesy of the 16th Medical Group

The 16th Medical Group is modifying its TRICARE Prime enrollment policy for some categories of beneficiaries.

The medical group has a "maximum achievable enrollment" of 15,000 medical beneficiaries as established by the Air Force Surgeon General; a MAE is the number of patients that the medical facility is expected to enroll and provide medical care to, based upon allocated financial, personnel and facility resources.

Presently, the medical group has about 17,000 medical beneficiaries enrolled, 113 percent of its enrollment target. Current and future financial realities have driven guidance from higher headquarters that Air Force medical facilities must execute a plan to remain within their respective MAE target.

Col. Kevin Pollard, 16th Medical Group commander, said, "Over the past two years, we've been able to accommodate our over-enrollment by utilizing additional military and civilian contract medical staff, unfortunately we're now faced with significant financial constraints in the Defense Health Program that compel base medical facilities to develop new strategies and make tough decisions."

For the Hurlburt community, this means approximately 2,000 beneficiaries will have the opportunity to change enrollment to a primary care manager at Eglin Air Force Base's 96th Medical Group or to the TRICARE civilian network. Opportunities to change enrollment will be managed in a controlled, phased approach.

Due to recent policy changes at the Pensacola Naval Hospital, the 16th Medical Group has already initiated efforts to allow non-active-duty TRICARE Prime beneficiaries living within the 32566 or 32563 ZIP codes (Navarre to Gulf Breeze area) to change their Hurlburt Field PCM to a civilian network PCM in their area.

Other beneficiary groups will be contacted by the 16th Medical Group based on the adequacy of response to previous offers. Colonel Pollard emphasized that at the current time, all changes in enrollment will be strictly voluntary, and the opportunity to change PCMs may be terminated at any time.

Driven by similar dynamics, effective immediately, the 16th Medical Group will no longer permit retiring active-duty members and their family members to remain enrolled at the 16th Medical Group.

All new TRICARE Prime retired beneficiaries and their family members will be offered the choice to enroll at the Eglin AFB hospital, to switch to a civilian network PCM if they reside in the 32563 or 32566 ZIP codes or to elect the TRICARE standard option.

"For years, we've been 'rolling over' new retirees and their family members from active-duty status," Colonel Pollard said. "We value the trust and confidence that these patients have shown in us and regret having to make this policy change, but we must maintain capacity for the active-duty personnel and their families arriving at Hurlburt Field."

The 16th Medical Group has a list of civilian network PCMs and has been informed that the Eglin AFB hospital and civilian network has the capacity to handle the number of TRICARE Prime beneficiaries requiring PCM reassignment.

For more information about enrollment policy changes, call the 16th Medical Group TRICARE office at 881-5177.

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**COMM/CARS**  
**546132**  
**3 X 10.50**

Have you recently been promoted, received an award or arrived on base?

Fill out a  
**Hometown News Release**

For more information, call Public Affairs at 884-7464



## Even acts of kindness can have security risks

By Special Agent Jim Long  
AFOSI, Det. 309

They thought they were helping a friend in need. Little did two Hurlburt Field military members know their "friend" was really a fugitive wanted for murder in Virginia.

Agents from the local Fugitive Recovery Team arrested the accused murderer while he was staying with Air Force members in their off-base home. The accused murderer was a friend of one of the Air Force member's cousin. The homeowners were suspicious of the man's past, but never imagined he was hiding a secret this serious. The man told members he fell in love with the area and wanted to stay there. The military members decided to house him while he searched for a job and a new place to live.

Air Force Office of Special Investigations,

Detachment 309 special agents interviewed the two active-duty members for potentially harboring a fugitive. Fortunately, they didn't have prior knowledge of the fugitive's past and weren't subject to criminal charges.

"If you don't have a comfortable feeling about your guest's activities or their associations, it's time to kindly show your guest the front door," said Special Agent Sean Murphy.

AFOSI warns situations like these highlight potential vulnerabilities military members can fall into without their knowledge. This also cause counterintelligence concerns because military members can easily become high value targets for sensitive information collections based on particular duties and access.

The Hurlburt Field military and civilian community is encouraged to call AFOSI Det. 309 at 884-6102 to report suspicious activities, or to seek assistance on matters of criminal and counterintelligence concerns.

**HOLIDAY BUILDERS**  
**COMM/164 HOLLEY**  
**541778**  
**3 X 7.50**

## Medical group takes care 'on the road'

By Maj. Kathryn Weiss  
16th Medical Group

The 16th Medical Group is home to the Expeditionary Medical Flight, which includes two Mobile Field Surgical Teams and two Critical Care Air Transport Teams.

These two unit types, as part of the "Red Wedge" philosophy, can deploy individually or as a team in direct support of U.S. Special Operations Command. Each is designed for rapid deployment (less than two hours) based on mission needs and, once in theatre, may provide care within 15 minutes.

The MFST is composed of a general surgeon, orthopedic surgeon, emergency medicine physician, nurse anesthetist or anesthesiologist and a surgical technician.

Each team of five is equipped to accomplish up to 10 damage control surgeries or 20 non-operative resuscitations without re-supply. The unit is designed to triage and treat trauma patients, preventing loss of life, limb or eyesight.

This far forward medicine is performed closer to the front within the "golden hour" of trauma care, to provide stabilization and resuscitation of casualties. Immediate post-operative care is performed by the MFST, but rapid transfer of care to the CCATT or other medical assets is important to allow continued acceptance of trauma casualties.

The CCATT Team is composed of a critical care or emergency physician, critical care or emergency nurse and cardiopulmonary technician. The unit is designed for preparation of patients for evacuation, continuation of care instituted by MFST or other far forward medical care and performance of intensive care during transport.

The unit can treat three critical patients requiring extensive care or six non-critical patients requiring less extensive treatments for up to 16 hours. CCATT members are trained to deliver advanced medical care on a variety of Special Operations Forces and other opportune evacuation platforms, including fixed and rotary-wing aircraft.

The five pillars of EMF Airmen are:

- Clinical Experts who are clinically current
- Operationally proficient
- Physically capable
- Volunteers
- Leadership

Members of the team are trained and current in advanced cardiac and trauma life support, combat casualty care and operational medicine. Each member must attend survival school, vehicle training and aircraft orientation as well as be combat qualified in both the M-16 and M-9 weapons.

During recent deployments, these teams have cared for thousands of patients with numerous medical complaints around the world. While designed for trauma and resuscitation care, the MFST and CCATT have provided primary and non-trauma emergency care to conventional and coalition forces, host nation personnel and enemy prisoners of war.

MFST/CCATT combination is a lightweight, mobile, man-portable, highly capable expeditionary medical package designed to provide far forward advanced trauma resuscitation, damage control surgery, and emergency and critical care in remote or forward austere environments.



# WIC trains AFSOC weapons officers

## Courtesy of the 14th Weapons Squadron

The 14th Weapons Squadron houses the AC-130 Gunship, MC-130 Talon and MH-53 PAVE LOW Weapons Instructor Courses; it's the largest of the 14 squadrons within the U.S. Air Force Weapons School.

Headquartered at Nellis Air Force Base, Nev., and subordinate to the 57th Wing, USAF Air Warfare Center, the USAFWS teaches graduate-level instructor courses that provide the world's most advanced training in weapons and tactics employment to officers of the Combat Air Forces.

The school conducts two five-and-a-half month classes each year, producing 160 graduates in the A-10, AC-130, B-1, B-2, B-52, F-15C, F-15E, F-16C, F-117, HH-60, MC-130, MH-53, command and control operations, intelligence and space disciplines.

The 14th WPS mission is to produce highly trained and credible AFSOC weapons officers, by providing advanced tactical training to officer crewmembers in AC-130H/U Gunship, MC-130E/H/P Talon, and MH-53M PAVE LOW Mission Design Series aircraft.

During the course students are continuously evaluated, graded and critiqued on academic performance, briefing and instruction skills and mission execution, while completing more than 400 hours of academics and 20-plus sorties.

14th WPS WICs employ the "building block" educational approach beginning with MDS-specific training. The course then transitions to Special Operations Force composite employment and con-



Courtesy photo

**The 14th Weapons Squadron aircraft gather in formation on the flightline.**

cludes with CAF and Mobility Air Force integration.

Each class culminates with the Mission Employment phase at Nellis, during which students hone their skills in one of the largest and most comprehensive composite force exercises held by the U.S. Air Force.

The goal of the 14th WPS is to produce weapons officers who are equally well-versed in all AFSOC weapons systems, SOF ground unit operations, and SOF integration with CAF and MAF forces throughout the full spectrum of warfare.

Graduates return to AFSOC squadron and group-level tactics shops to guide training and employment and to serve as the commander's primary tactics expert. Because the 14th WPS doesn't have dedicated aircraft for training, the WICs at Hurlburt Field require extraordinary support from AFSOC and the 16th Special Operations Wing. Students and instructors

rely on aircraft, maintenance and crews from the associated operational squadrons in order to accomplish syllabus objectives.

The 14th WPS has produced 49 weapons officers; there are currently 14 students in class. While there have been some growing pains associated with AFSOC integration into the USAFWS, recent operations have demonstrated the value of AFSOC weapons officers.

Graduates contributed directly to Joint Force mission success during Operations Enduring Freedom and Iraqi Freedom as planners and operators; they continue to improve AFSOC's combat effectiveness through training, CAF integration and tactics improvement.

A ribbon cutting ceremony will be March 17 at 1 p.m. at the 14th WPS located on 102 East Road Building 99142.

## Air Force Special Operations Command Weapons Officers



## Community

### Community clean-up schedule

The following is a list of the scheduled spring clean-up dates for Hurlburt Field:

#### Main base industrial area:

1. March 26, civil engineers will pick-up curb side refuse items for delivery to the landfill.

2. For pick-up of large refuse items, call Staff Sgt. Monique O'Hare, 16th Civil Engineer Squadron at 884-6683.

#### Housing areas: CE will notify occupants by letter

1. Commando Village, March 27 and 28; refuse/large item pick-up March 29; yard waste, March 31.

2. Soundside/Live Oak/Pine Shadows, April 3 and 4; refuse/large item pick-up, April 5; yard waste, April 7. For information, call Dee Enger at 884-6934 ext. 105.

**Dormitories:** There will be a GI party for all dormitories April 10 and 17, organized by the first sergeants council. For more information, call Senior Master Sgt. Louis Fischer at 884-3833.

#### Amnesty Day is April 22:

1. Family housing occupants can turn in hazardous waste items.

2. Hazardous waste from industrial facilities can be turned in Tuesdays and Thursdays at 9 a.m., at the 90-day hazwaste accumulation point on RED HORSE Road. For information, call Randy Trent, 16th CES at 884-7923.

### Toastmasters club

Hurlburt Field Toastmasters club meets every Wednesday at noon in the education center, building 90220, classroom J. Toastmasters is designed to help individuals improve or develop their speaking, listening and leadership skills through a positive learning environment that fosters self-confidence and personal growth. For more information on Toastmaster's club, call Marty Mears at 884-9130 or email [marty.mears@hurlburt.af.mil](mailto:marty.mears@hurlburt.af.mil).

### Volunteers needed

Mary Esther Elementary School is in need of volunteers for a few upcoming events. The events are listed below. For more information, call Karen Arnold at 315-0406 or leave a message at 833-3371.

- Walk-a-thon, March 26, noon to 2:30 p.m.
- Carnival, April 3, 9:30 a.m. to 1:30 p.m.
- Field Day, April 22 and 23, 9 a.m. to 2 p.m.

### Position available

The Hurlburt Field Chapel is accepting sealed bids for the position of 11:30 traditional worship service choir director. A statement of work for this position may be obtained by calling Master Sgt. Salvador Manalang or Chaplain (Maj.) Pat McCain at 884-7795 from 7:30 a.m. to 4:30 p.m., Mondays through Fridays. Bids must be submitted no later than 11 a.m. March 23.

### Couples communication

The Hurlburt Field Protestant Parish sponsors "Improving Communication in your Marriage" beginning Sunday at 10 a.m. at the base chapel. The class, scheduled every Sunday, offers couples insight from the Bible on how to strengthen relationships with their spouse. For more information, call Chaplain (Maj.) Pat McCain at 884-7795.

### Rodeo Team

The local chapter of the Professional Armed Forces Rodeo Association will be meeting March 30 at Mama Rosa's located at 1826 Lewis Turner Blvd. Riders are needed in bareback, saddle bronc, bull riding, calf roping, team roping, breakaway roping, steer wrestling and barrel racing. For more information, call Capt. Sarah Edwards at 882-3819.

### Focus 56 scholarship

Hurlburt Field Focus 56 is currently accepting applications for the Junior Enlisted Scholarship. Two \$100 scholarships will be awarded to active-duty or reserve E-1 through E-6 Hurlburt Field Airmen. Deadline to submit an application is March 29. For more information, call Tech. Sgt. Herbert Passmore at 884-2946 or Staff Sgt. James Laudermilk at 884-5731.

### Family Fest volunteers needed

Volunteers are needed for Family Fest, the celebration which kicks-off Month of the Military Child, Child Abuse Prevention Month and the opening of youth baseball. Family Fest is scheduled for March 20 from 9:30 a.m. to 3 p.m. and will include craft and food booths, as well as live entertainment. This year the event also celebrates the grand opening of the batting cages. If you'd like to volunteer, call Heather Gerlach at 884-1533.

### Volunteer recognition

The annual volunteer appreciation ceremony is scheduled for April 23 from 9 to 11 a.m. at The Soundside. Any group, volunteer agency or individual may nominate volunteers for the Angel or Volunteer Excellence Awards to be recognized for their contributions. Nomination packages are available at the family support center. Completed packages must be submitted no later than March 26. For more information, call Heather Gerlach at 884-1533.

### Spouse club membership drive

Hurlburt Field's Officers' Spouses' Club will host a monthly luncheon March 25 at The Soundside at 11 a.m. The HOSC constantly holds membership drives and encourages spouses to attend the monthly luncheons. For more information about the HOSC, call Susie Schaffer at 863-4939.

### HESC luncheon

The Hurlburt Enlisted Spouses Club will host its monthly luncheon April 1 at 12:30 p.m. at the L & J Café, located on Mary Esther Blvd. New members are invited to attend. HESC is also looking for new leadership. Volunteer opportunities are available. For more information, call Elaina Cron at 581-1468.

### HESC Bingo Night

The Hurlburt Enlisted Spouses Club will be hosting its annual Membership Drive/Bingo Night April 22 at the base chapel. Social hour is scheduled for 6 p.m. Bingo games will start at 7 p.m. The event is open to HESC members. Reservations must be made no later than April 19. For more information on membership or the event, call Elaina Cron at 581-1468, Daniele Alicea at 936-4089 or Ceil Lacey at 243-5248.

### Fitness center closure

The Aderholt Fitness Center steam room will be closed for renovations March 22 through May 5. For more information, call 884-6884.

### Air Force TV and Radio News



To check out Air Force TV or Radio News visit: <http://af.feedroom.com> or [www.af.mil/news](http://www.af.mil/news) and click on TV or radio to find out what's happening around the Air Force.

### Hurlburt Field Chapel



#### Catholic Mass

Saturday, 5:30 p.m.  
Sunday, 7:15 and 10 a.m.  
Confessions: Saturday, 4:30 to 5 p.m., or by request.  
Youth: 5 p.m. Sunday  
Religious Education: September–May

#### Protestant Services

Sunday, 8:30 a.m. (praise & worship)  
11:30 a.m. (traditional)  
12:45 p.m. (Gospel)

Religious Education: August–May  
Youth and Singles groups available

#### Jewish Services (882-2111)

Sabbath services: Friday, 7:30 p.m., Eglin Chapel Center  
Havdallah services: next-to-the-last Saturday of each month, 7 p.m., chapel annex

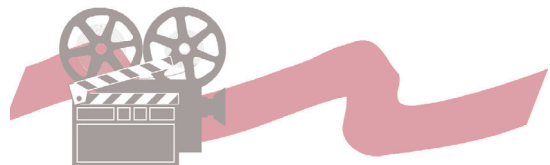
Muslim Services (882-2111), Eglin Chapel Center

Jumu'ah: Friday, 12:45 p.m.

Qur'an: Saturday, 6 p.m.

For more information, call 884-7795

## At the movies



### Hurlburt Field 884-7648

**Friday – (R) *Cold Mountain***, starring Jude Law and Nicole Kidman – A wounded Civil War soldier begins the difficult walk home to be with Ada. Although heartbroken, Ada is struggling to care for her deceased dad's farm. She receives a helping hand from sassy wanderer.

**Saturday – (R) *The Butterfly Effect***, starring Ashton Kutcher and Amy Smart – An emotionally conflicted man travels back in time, but his actions in the past have enormous ramifications for his future.

**Sunday – (PG-13) *My Baby's Daddy***, starring Eddie Griffin and Anthony Anderson – Three bachelors get a rude awakening when their girlfriends get pregnant at the same time.

### Eglin 882-1066

**Friday – (PG-13) *Calendar Girls***, starring Julie Walters and Helen Mirren – Some friends start a fund-raiser for a hospital, but an idea to produce a calendar has a radical twist, the women will be nude. The women soon hit the headlines at home and abroad. Amidst the hype and glamour, the friendship between two friends tested.

**Saturday – (PG-13) *The Perfect Score***, starring Erika Christensen and Chris Evans – High school students desperate to get into top-notch colleges break into the Princeton Testing Center to steal the answers for the S.A.T. in order to prevent the test from unfairly defining who they'll become.

**Sunday – (PG-13) *The Big Bounce***, starring Owen Wilson, Morgan Freeman Jack – A likeable drifter heads for Hawaii hoping a change will bring him luck. He soon discovers that whether he's looking for a con or romance, temptation is everywhere. (Editor's note: Movies are subject to change. Telephone numbers are provided for patrons to confirm scheduled dates.)

## CGOC meeting

The Company Grade Officers' Council will hold a meeting March 19 at 3:30 p.m. at Combat Connie's Hooch.

## Volunteers needed

The Hurlburt Field Airman's Council is looking for volunteers to help with projects in support of Habitat for Humanity. The Airman's council will be working on a project site April 24 from 7 to 11 a.m. Lunch will be provided. For more information or to volunteer, e-mail Senior Airman Mary Kizzee at mary.kizzee@hurlburt.af.mil.

## Education grant

Air Force Aid Society Education Grant applications are available at the family support center. Applications are also available at [www.afas.org](http://www.afas.org). Today is the final day to apply.

## Work-study program

The Veteran's Administration Work-Study Program has positions available. The program provides part-time employment to veterans who participate three-fourths or full time in a college degree, vocational, or professional program and are using VA educational benefits.

Work hours will not exceed 25 hours per week. For more information, call the transition assistance office at 884-6280/81.

## Summer hire program

The Hurlburt Field summer hire program is accepting applications. To qualify, students must

be enrolled in high school, vocational school or college and enrolled in at least a half-time course load. Students must be at least 16 years old by the work start date, which begins in the May timeframe. A résumé is required for consideration. For information on how to apply, visit [www.afpc.randolph.af.mil/afjobs](http://www.afpc.randolph.af.mil/afjobs) or stop by the civilian personnel office located in building 90210, Room 135. For more information, call Pat White at 884-5212.

## OU summer registration

The University of Oklahoma is holding summer registration through August. OU offers nationally accredited graduate degrees in International Relations, Human Relations and Managerial Economics. For more information, call 581-3000.

## Enlisted Hooch clean-up

The Hurlburt Field Top 3 and Chief's Groups are sponsoring the Enlisted Hooch Cleanup and Repair Day today at noon. Volunteers are needed to help with repair plans. For more information, call Chief Master Sgts. Kevin Thurman at 884-3414; Brooke McLean at 884-5889 or Master Sgt. Mike Garrouette at 884-4161.

## AFSA meeting

Air Force Sergeant's Association, Chapter 567, general membership meeting is March 18 at 2:30 p.m. at J.R. Rockers. For more information, contact Master Sgt. Garces at 884-7633.

## Education survey

The Hurlburt Field Education Services Center is conducting a survey now through April 30 to help

determine student needs. The survey can be completed online at <https://afvec.langlely.af.mil/afvec>. For more information, call Jannie Benson at 884-6000.

## Classes

### FSC classes

For more information on the following family support center classes call 884-5441.

**Sponsorship Training** - Monday, 1 p.m.; reservations required

**Employment Orientation** - Monday, 9 a.m.; reservations required

**Moms, Pops and Tots** - Tuesday and Wednesday, 10 a.m.

### HAWC classes

To reserve a seat in the following health and wellness center classes, call 884-4292. Classes are free of charge and held in Building 90232.

**Body Composition Improvement Program** - Tuesday and Thursday, 9 a.m.

**Healthy Living Workshop** - Tuesday, Wednesday and Thursday, 1 p.m.

**Total Fitness Enhancement** - Wednesday, 8:30 a.m.

**Healthy Weight for Kids** - Tuesday, 2 p.m.

**Lean on Me** - Wednesday, 10:30 a.m.

**Diabetic Nutrition Follow-up** - Wednesday, 2 p.m.

**Prenatal Nutrition** - Thursday, 4 p.m.

# 'Eat smart, stay healthy' promotes better lifestyle

Courtesy of the 16th Medical Group

Every March the American Dietetic Association promotes National Nutrition Month. The theme this year is "Eat smart, stay healthy."

Good nutrition, along with regular physical activity, is important for good health. Eating smart includes eating a wide variety of foods from the five major food groups every day. Each of these food groups provides specific nutrients needed for good health, so include all of them in your daily diet.

■Bread, cereal, rice, and pasta group (6-11 servings per day) – Supplies complex carbohydrates, B vitamins and fiber. The complex carbohydrates will help keep you energized throughout the day. Buy fiber-rich whole-grain breads and cereals as fiber helps prevent constipation, hemorrhoids, digestive disorders and may also help control blood cholesterol and blood sugar levels. Examples of servings from this group are: one tortilla, 1/2 cup cooked rice, pasta or cereal, 1/2 of a hamburger roll, bagel or English muffin.

■Vegetable group (3-5 servings per day) – Supplies vitamin A, vitamin C, folate and fiber. Vegetables taste great and are naturally low in fat and calories. For a wide variety of nutrients, choose vegetables in a variety of colors. A serving from this group would be: 1/2 cup chopped raw or cooked vegetables, 3/4 cup vegetable juice.

■Fruit group (2-4 servings per day) – Supplies vitamin C, vitamin A, potassium, folate and fiber,

and provides many of the health benefits of vegetables. They make great snacks and should be eaten in a variety of colors. A serving from this group would be: one piece of fruit or melon wedge, 3/4 cup fruit juice, 1/2 cup chopped, cooked or canned fruit.

■Milk, yogurt, and cheese group (2 -3 servings per day) – Supplies calcium, protein, vitamin A and vitamin D. Calcium plays a key role in building and maintaining strong bones, making you more resistant to osteoporosis. Choose nonfat or low-fat foods from this group. A serving from this group would be: one cup of milk or yogurt or 1-1/2 ounces natural cheese.

■Meat, poultry, fish, dry beans, eggs, and nuts group (2-3 servings) – Supplies iron, zinc, B vitamins and protein. Iron helps carry oxygen to muscles to support physical activity. Choose lean meats such as cuts identified with the words "loin" or "round." Trim the visible fat from all meats before cooking, and remove the skin from poultry before eating. Fish such as salmon, trout and tuna are excellent choices from this group. They contain omega-3 fatty acids needed for good health. A serving from this group would be: 2-1/2 to three ounces of cooked lean beef, pork, lamb, veal, poultry or fish, 1/2 cup cooked beans, one egg or two tablespoons of peanut butter.

To determine the daily number of servings to eat from each food group, follow these guidelines:

■If you are an inactive or sedentary adult, choose the lower end of the range.

■If you are an inactive person, choose the mid-

dle of the range.

■If you are a very active woman or active man, choose the upper end of the range.

Fats, oils and sweets are usually added to other foods rather than eaten alone. Fats and oils can be sources of important nutrients like vitamin E and essential fatty acids. However, because they are high in calories, eat them in moderation.

Don't forget to add physical activity to your daily activities. It's important to balance the foods you eat with physical activity. To achieve this goal, keep the following tips in mind:

■Include everyday activities like walking, stair climbing and gardening in your daily routine.

■Try to get 30-60 minutes of moderate physical activity on most days of the week. If your goal is weight loss, you may need to exercise longer or at a higher intensity.

■Include a variety of activities in your exercise routine to avoid becoming bored.

National Nutrition Month is the perfect time to make changes in your diet and exercise habits that will help you stay healthy. The following Web sites contain information that can help you reach and maintain your goal:

■U.S. Army Center for Health Promotion and Preventive Medicine Web site: <http://chppm-www.apgea.army.mil>

■American Dietetic Association Web site: [www.eatright.org](http://www.eatright.org).

For a list of nutrition classes offered at the Hurlburt Field Health and Wellness Center, call 884-4292.



# RED HORSE takes March Madness trophy

By Senior Airman Sam Taylor  
Public Affairs

The 823rd RED HORSE Squadron basketball team defeated the 16th Aircraft Maintenance Squadron team March 4 to become the 2004 March Madness basketball champions.

Eleven teams went head-to-head in the two-week tournament, during which RED HORSE lost only once, to the Det. 1, 334th Training Squadron team. "The combination of our limited roster due to TDYs, and Det. 1's exceptional play that day resulted in our only loss of the season," said Jorge Rativa, RED HORSE coach. "But by far our toughest game was against AMXS. What made them difficult was their ability to match our roster better than any other team. They're quick and they have good size in their front-court players. Fortunately, our defensive pressure and wide-open offensive style kept the game close until the last seconds, and ultimately

brought us victory."

The key to winning any basketball championship is playing good defense, and March Madness was no exception, said Rativa.

"I'm a firm believer that when a basketball team plays good defense, controls the rebounds and makes free-throws (especially in clutch situations), the rest falls into place."

Rativa said this philosophy is emphasized during practice, and the team responded.

"RED HORSE is a highly competitive squadron and takes much pride in excelling," said Rativa.

"Our work around the world shows that we work hard, and our play around the court shows that we play just as hard. We want the Hurlburt Field community to come out and support their squadrons the way the RED HORSE community supports us.

"To our adversaries who wish to de-throne us next year, RED HORSE welcomes the challenge," Rativa added. "We'll be waiting."



## Fitness centers get new bleachers

By Senior Airman Sam Taylor  
Public Affairs

Sports spectators at the Aderholt and Commando Fitness Centers will have a better place to watch the action with new bleacher systems installed in the centers' gyms.

Construction began last week, and the bleachers should be up and running by Sunday.

One improvement over the old bleachers are walkways that go up each section of seating, said Chris

Myers, Hurlburt Field Sports Director.

"With the old bleachers, you had to step over the seating surfaces themselves," he said. "The walkways on the new ones make it so you don't have to walk through and around people, and step on where people sit."

The new bleachers also have railings on the sides to prevent people from accidentally falling off the edge.

As for the fitness center staff, the motorized extension and

retraction system of the new bleachers will make set up for events a snap, said Mr. Myers.

"In the past we had to get three or four people to manually pull out and push back the heavy bleachers," he said. "They would stick, and it was becoming a big problem – some people even hurt their backs. The new ones are controlled by the push of a button."

The old bleachers were the originals included when the Aderholt Fitness Center was originally built in 1994.



Photo by Senior Airman Sam Taylor

**New bleachers at the Aderholt and Commando Fitness Centers have walkways to keep spectators from having to step through each other.**

## Sports shorts

### Youth ball players needed

The youth center has extended registration for youth softball and baseball, all ages, except T-ball. For more information, call 884-6355.

### Varsity softball tryouts

Tryouts for the Hurlburt Field men's varsity softball team have begun. For more information, call Tech. Sgt. Chuck Shepherd at 884-5774, or Master Sgt. Scott Bowen at 884-2358.

### Start Smart Baseball program

The youth center will conduct registration for the Start Smart Baseball program Monday through April 2, for interested parents and children 3-5. The class will be held every Tuesday, April 6 through May 18, 2004. The program uses instructors to help parents teach their own children the fundamentals and motor skills necessary for organized baseball via one-on-one coaching. The initial session is a parent training

class, followed by six weeks for parent-child coaching. For more information, call 884-6355.

### Intramural golf season

Intramural golf will begin early this year, kicking off April 1. For more information on golf or other intramural sports programs, contact your unit sports representative.

### Preseason softball tourney

The Commando Softball Preseason Intramural Tournament will be held March 27 at the base fields. Entry fee is \$110. The double-elimination tournament will be operated according to Amateur Softball Association intramural rules. Entry deadline is March 24. For more information, call Tech. Sgt. Chuck Shepherd at 884-5774, or Master Sgt. Scott Bowen at 884-2358.

### Bob Hope golf tournament

The first Bob Hope Memorial Charity Golf

Classic is April 18-20 at Indian Bayou Golf and Country Club in Destin, Fla. Proceeds from the event will benefit the Air Force Enlisted Village, a non-profit organization providing housing and services to widows of Air Force enlisted members. Entry fee is \$300 per team, with a \$600 first prize purse. Golfer amenities include 36 holes of golf and cart; daily driving range privileges; limited edition gifts of appreciation; and a private Nashville music concert and social. Entry forms are available at all Fort Walton Beach and Destin golf courses, and on the AFEV Web site at [www.afenlistedwidows.org](http://www.afenlistedwidows.org), or call 651-3766.

### 5K Run/Walk

The Okaloosa County Sheriff's Office is sponsoring a 5K run/walk April 10 at the Fort Walton Beach Landing. A children's Easter egg hunt will follow the event. For more information, call Mary Rominger at 651-7438 or e-mail [mrominger@sheriff-okaloosa.org](mailto:mrominger@sheriff-okaloosa.org).